

Company Liver with Onions

 **Gluten Free**

READY IN



48 min.

SERVINGS



6

CALORIES



471 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.1 teaspoon pepper black freshly ground
- 0.5 cup butter
- 1.5 pounds calf's liver
- 8 ounce mushrooms with liquid canned
- 2 onion sliced
- 0.5 teaspoon salt
- 2 cups cream sour
- 1 teaspoon worcestershire sauce

Equipment

frying pan

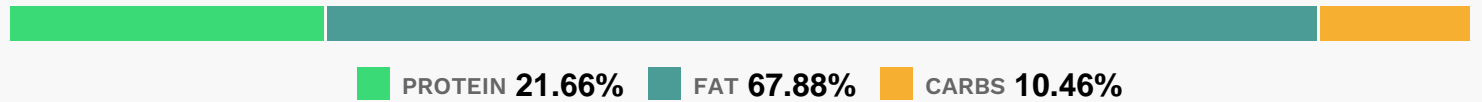
Directions

In a large skillet, melt butter over medium high heat. Cook and stir onions until tender, about 7 minutes. Season liver slices with salt and pepper, and add to the skillet. Brown liver slices, turning once, for approximately 5 minutes.

Pour in mushrooms with their liquid. Reduce heat, cover, and simmer for 8 to 10 minutes. Stir in sour cream and Worcestershire sauce, and continue simmering another 8 to 10 minutes.

Serve immediately.

Nutrition Facts



Properties

Glycemic Index:18.17, Glycemic Load:0.77, Inflammation Score:-10, Nutrition Score:42.083043678947%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 7.44mg, Quercetin: 7.44mg, Quercetin: 7.44mg, Quercetin: 7.44mg

Nutrients (% of daily need)

Calories: 471.18kcal (23.56%), Fat: 35.86g (55.17%), Saturated Fat: 19.27g (120.41%), Carbohydrates: 12.43g (4.14%), Net Carbohydrates: 10.89g (3.96%), Sugar: 5.17g (5.74%), Cholesterol: 464.65mg (154.88%), Sodium: 601.63mg (26.16%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 25.75g (51.49%), Vitamin B12: 68.06µg (1134.37%), Vitamin A: 45240.87IU (904.82%), Copper: 13.57mg (678.72%), Vitamin B2: 2.92mg (171.84%), Zinc: 14.24mg (94.92%), Vitamin B5: 7.51mg (75.08%), Vitamin B3: 12.69mg (63.47%), Vitamin B6: 1.18mg (59.22%), Phosphorus: 528.83mg (52.88%), Selenium: 30.51µg (43.58%), Iron: 7.75mg (43.05%), Folate: 158.5µg (39.63%), Manganese: 0.38mg (19.16%), Vitamin B1: 0.26mg (17.48%), Potassium: 560.53mg (16.02%), Calcium: 101.61mg (10.16%), Magnesium: 40.27mg (10.07%), Vitamin E: 1.16mg (7.75%), Fiber: 1.54g (6.16%), Vitamin C: 4.33mg (5.24%), Vitamin K: 3.72µg (3.54%)